

NEWSBRIEFS

Working moms

With Mother’s Day around the corner and 68% of women with children under age 18 having been in the labor force during 2021, the personal-finance website WalletHub has released its report on 2022’s *Best & Worst States for Working Moms*, as well as accompanying videos and expert commentary. In order to help ease the burden on mothers in the workforce, WalletHub compared the attractiveness of each of the 50 states and the District of Columbia for a working mother based on 17 key metrics. The data set ranges from the median women’s salary to the female unemployment rate to day-care quality. Texas was rated 28th in the report, ranking (1-Best; 25-Avg.):

- 3rd – Day-Care Quality;
- 21st – Pediatricians per Capita;
- 4th – Gender Pay Gap (Women’s Earnings as a percent of Men’s);
- 46th – Ratio of Female Executives to Male Executives;
- 39th – Female Unemployment Rate;
- 27th – Parental-Leave Policy Score;
- 49th – Avg. Length of Woman’s Work Week (in Hours); and
- 37th – Percent of Single-Mom Families in Poverty.

Visit <https://wallethub.com/edu/best-states-for-working-moms/3565> for the full report.

– Diana Polk

Great sopranos can train for years

Maria Callas, Birgit Nilsson and Joan Sutherland earned their fame in their day as the world’s greatest sopranos. Ten-year-old Victory Brinker of Latrobe, PA may be a little too young for her debut at New York’s Metropolitan Opera or La Scala in Milan, Italy but the odds are she’ll make it one day soon. At the age of seven she was performing at the Pittsburgh Public Theatre and was dubbed the world’s youngest opera singer by the folks at Guinness who keep track of world records like this one. Brinker says her opera-loving mom introduced her to the world of opera when she was six years old, inspiring her to pursue the art form. As she put it, she loved “the challenge of the difficult arrangements, the technique required to sing, all the runs, and the different languages all the arias are written in.”

– John Grimaldi

If freedom is important when we don’t have it, why shouldn’t it be just as important when we do have it?

– Quips & Quotes

Canutillo ISD named best small district in Texas



– Photo courtesy Canutillo ISD

BIG LITTLE DISTRICT – School board members and the superintendent of the Canutillo Independent School District (CISD) gathered with H-E-B officials on stage to accept a \$50,000 grand prize after being named the *Best Small School District in Texas* during the 20th annual H-E-B Excellence in Education Awards last Saturday (April 30) in Austin, TX. “Receiving the recognition of the Best Small District in the entire state of Texas is an extraordinary honor,” CISD Superintendent of Schools Dr. Pedro Galaviz (standing left, at the lecturn) said. “This distinction is a tribute to our entire district community of administrators, staff, teachers and students. They make us the best district through their service, dedication and willingness to continually raise the bar to achieve greatness.” CISD took the top spot out of finalists from across Texas and was determined the statewide winner by a panel of judges who visited the district, toured campuses and spoke with administration, staff, parents, and community members. The money will go towards benefiting the district. Since the program’s inception in 2002, H-E-B has awarded more than \$12 million in funding to benefit outstanding Texas public schools. Districts are awarded based on commitment to student achievement through innovative programs, parent and community involvement and professional development opportunities for teachers and administrators.

– Liza Rodriguez



– Photo by Sergey Shumko

PEAKS AND VALLEYS – The McDonald Observatory facilities, above, one of the world’s leading centers for astronomical research and public education outreach, are located atop Mount Locke and Mount Fowlkes in the Davis Mountains of West Texas. The site offers some of the darkest night skies in the continental United States.

International Dark Sky Reserve attracts attention

By Alfredo Vasquez
Special to the Courier

WEST TEXAS – West Texans are well aware of the Big Bend region’s spectacular

starry nights and now the rest of the world is taking notice, as the area’s vast celestial night sky was named recently the world’s first International Dark Sky Reserve, a designation awarded by the International Dark-Sky Association (IDA).

The new title recognizes that the Texas counties of Brewster, Jeff Davis, Culberson, Hudspeth, Reeves, Pecos, and Presidio are together working with protected areas on

See SKY, Page 3

Disney, corporations, should stick to business

Just like that, tyranny has descended on Florida. The state legislature, with the support of Gov. Ron DeSantis, voted to repeal the “special independent district” enjoyed by Disney for half a century.

This is a sign, we are told, of the advent of an American authoritarianism that brooks no dissent—Disney criticizes a measure supported by the Florida GOP, the so-called Don’t Say Gay bill, and immediately gets targeted.

There’s a reason this fight escalated to this point, though. Disney was the aggressor in the battle over the education bill, lied about it, and pledged to work to repeal it.

Even though the bill had nothing to do with Disney whatsoever – nothing to do with its product, its business model, or its employees. The company got pushed into its stance based on pressure from a woke segment of its employees and from progressives on the outside.

Disney’s case against the bill relied on the smear that the legislation somehow threatened gay or trans people. In fact, the law merely seeks to exclude inappropriate material from being taught to young children in the classroom – an objective that once would have been considered utterly banal.

“Classroom instruction,” the law says, “by school personnel or third parties on sexual orientation or gender identity may not occur in kindergarten through grade 3 or in a manner that is not age appropriate or developmentally appropriate for students in accordance with state standards.”

Based on that, Disney went to the mattresses. And it did so, not to serve its shareholders, enhance its profitability, protect its intellectual property, or align itself with its vast and politically diverse customer base.

This was, shockingly, an iconic American brand making itself into a free-floating weapon of woke cultural politics in response to the social and political influence of a small number of vocal progressives.

Like so many companies before, Disney calculated the risk/reward of gratuitously taking up a left-wing political and cultural fight and considered it all reward, no risk. The Florida legislature decided to convince it that it was wrong.

Republicans have fantasized about exacting revenge on woke corporations before, but to no effect. Disney’s problem is that it had a glaring vulnerability in the form of an arrangement that can easily be portrayed as a special favor.

The provisions allowing Disney to govern itself in its special independent district are so extensive that one

analyst refers to the so-called Reedy Creek Improvement District as “the Vatican with mouse ears.”

“Never before or since has such outlandish dominion been given to a private corporation,” Florida writer Carl Hiaasen notes in his book “Team Rodent.” “Disney owns its own utilities. It administers its own planning and zoning. It composes its own building codes and employs its own inspectors. It maintains its own fire department. It even has the authority to levy taxes.”

For good measure, it can build its own airport and nuclear power plant.

Now, that’s all scheduled to go away in a year’s time. Obviously, it is not a good practice for government to retaliate against a business, even a business enjoying a special status.

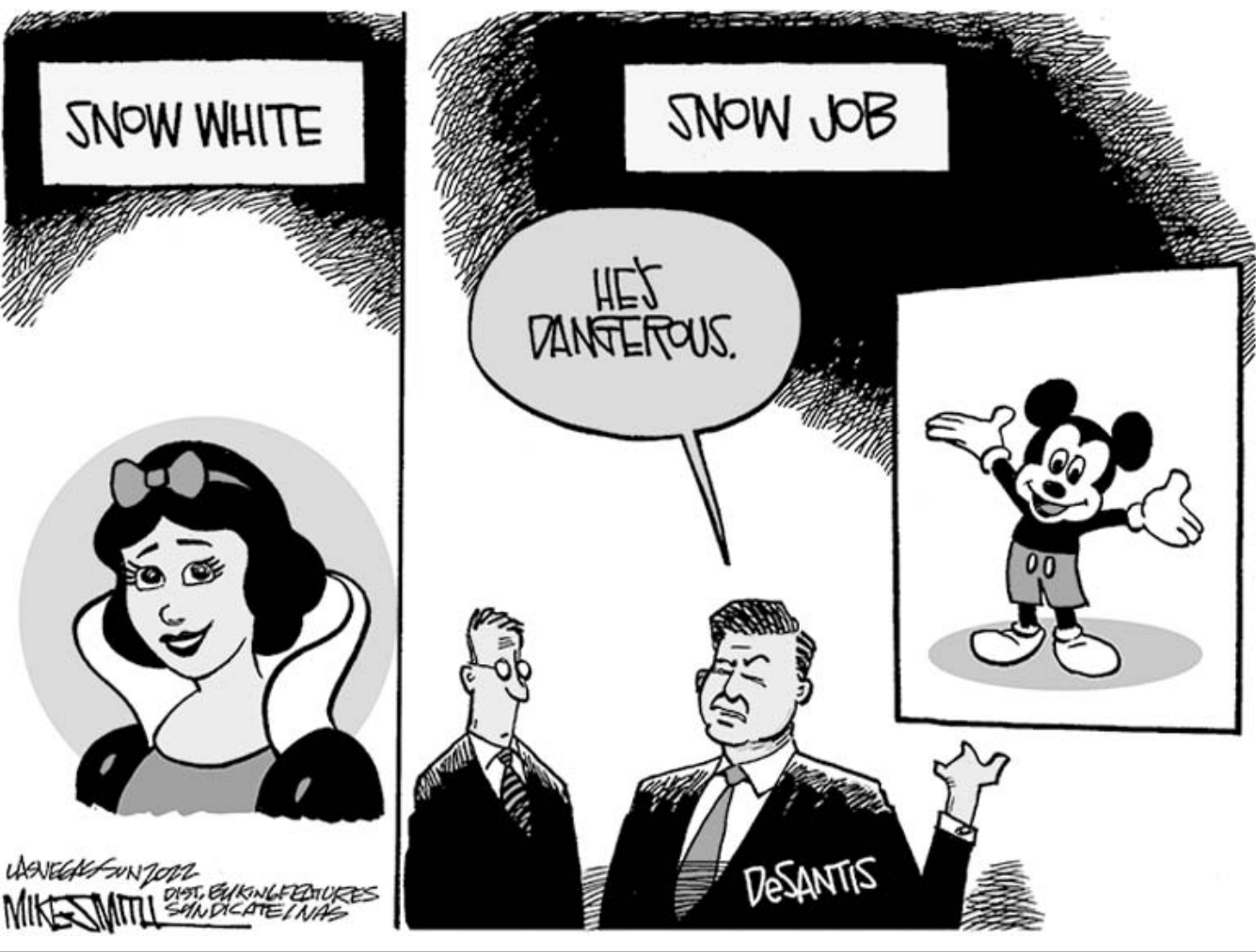
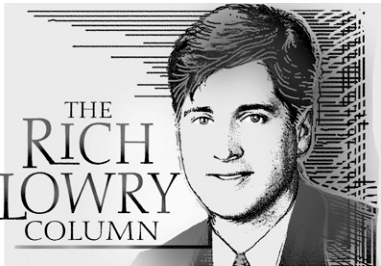
This fight could have welcome effects, though, if it convinces Disney that it made a mistake by allowing itself to get bullied and cajoled into becoming a combatant in the culture war, or if it convinces other corporations that

there’s a potential price to be paid for joining woke mobs.

Republicans don’t want corporations to become tools in advancing their agenda; they just want them to exit the culture wars and focus, once again, on their business, an outcome that would lower the temperature in the country’s cultural fights at least a little.

Ideally, Disney and the Florida legislature work out a renewal of the company’s special district before it is set to expire, and the house of mouse – and other corporations seduced into making themselves de facto left-wing pressure groups – resolves to stick to its core competency and mission.

Rich Lowry is editor of the National Review. (c) 2022 by King Features Synd., Inc.



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Food for thought

By Dr. Glenn Mollette

Do not take mom for granted

Celebrate Mother’s Day anyway you can but don’t miss the opportunity to honor mom. The opportunities pass us by. While mom is alive is the time to do something for her. Too often someone dies and we want to make sure we attend their funeral and buy flowers. We talk about missed opportunities. While your special person is alive is the time to cherish and make a big deal about that person.

Do what you can do. Mom’s simply want to know you care. You could clean out the garage or clean the house. Spend a day working in the yard or trimming shrubbery. People buy flowers and take mom out to dinner typically on Mother’s Day. It is no secret that flowers have become even more expensive and many restaurants are having employee issues. If you had to wait to be served

in the past this Mother’s Day may be challenging. Consider taking mom a card and writing her a letter. Tell her how you feel about her and thank her for being a great mom. The main thing is don’t forget the day. If you are a long way from home by all means make a phone call.

I know some great mothers. My wife is a phenomenal mother. I have sisters, daughters and a daughter in law who are great mothers. So, there are plenty of people around for me to honor this weekend. I suspect you may know one or two. Even if they aren’t family, wish them a happy Mother’s Day.

My mother has been in heaven for a long time and so has the mother of my two sons. Mother’s Day is a tough day for them as they lost their mother when they were 20 and 17 year’s old. My wife’s mother passed just a few years ago. It happens. The chair at the table suddenly is empty and all you are left with are pictures and memories.

I miss the long telephone conversations with my mother. We talked on the telephone for 30 minutes sometimes twice a

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Sky

From Page 1

both sides of the border to fight light pollution and to ensure the region’s pristine night skies, according to an IDA news release.

At over nine million acres, the Greater Big Bend International Dark Sky Reserve is currently the world’s largest reserve and protected dark sky environment. The reserve spans from Fort Davis, Texas, to the Rio Grande River at the US/Mexico international border, and includes three protected areas in Mexico – Maderas del Carmen, Ocampo, and Cañón de Santa Elena. The designation makes this region the world’s first binational International Dark Sky Reserve.

The protected landscape encompasses a sizeable area of the Chihuahuan Desert, which is characterized by diverse desert habitat and wildlife, complex geology, and a rich human history. Significant cultural and natural resources pervade throughout the reserve’s landscape that represent thousands of years of human occupation and daily life that adapted to the rugged desert terrain.

The reserve’s core area is home to the McDonald Observatory, a world-class astronomical observatory and research facility, and the Nature Conservancy’s Davis Mountains Preserve, a 33,000-acre area protected for its ‘sky island’ habitat. The reserve’s surroundings include two existing International Dark Sky Parks – Big Bend National Park and the Big Bend Ranch State Park Complex; and one International Dark Sky Sanctuary – the Black Gap Wildlife Management Area.

Making the reserve effort possible is the partnership among McDonald Observatory, the national and state parks, conservation organizations, advocacy groups, and supportive communities. These individuals and organizations worked for years to update outdoor lighting ordinances, collect and compile sky quality data, conduct inventories, document findings, improve lighting, and educate the public about the importance of dark sky preservation, observatory officials explained.

McDonald Observatory, which opened in 1933, is a campus

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Food for thought By John Grimaldi

Being tired and experiencing fatigue are two different things

Are you tired? Or are you suffering from fatigue? They are two different conditions that require different treatments. If you are tired, all you need is a good night’s sleep. But sleep is not going to do much if it’s fatigue or exhaustion that is holding you down.

According to WebMD, “Medically speaking, tiredness happens to everyone – it’s an expected feeling after certain activities or at the end of the day. Usually, you know why you’re tired, and a good night’s sleep solves the problem... Fatigue is a daily lack of energy; unusual or excessive whole-body tiredness not relieved by sleep. It can be acute (lasting a month or less) or chronic (lasting from 1 to 6 months or longer). Fatigue can prevent a person from functioning normally and affects a person’s quality of life.”

If you believe you are suffering from physical or mental fatigue, it’s a good idea to have a visit with your healthcare provider. He or she can help determine the cause and provide a specific method of dealing with your condition.

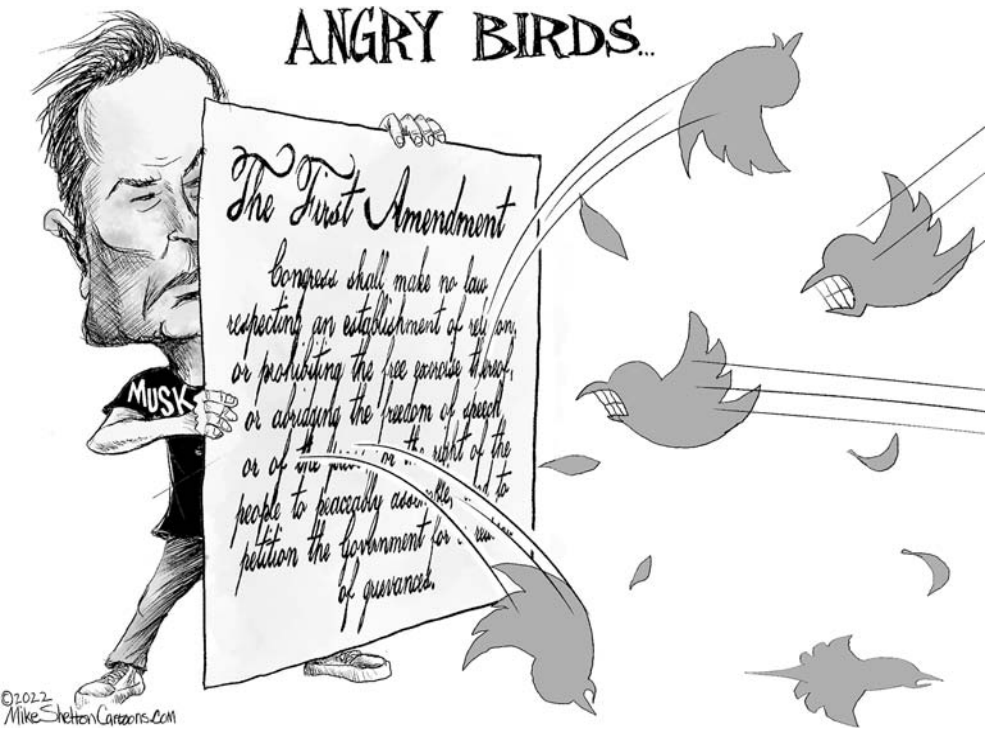
Dr. Nisha Jackson is a functional medicine specialist who has written extensively on the subject of fatigue. In her most recent article on the subject, *6 Steps to Fight Fatigue & Boost Energy*, she outlines basic methods of dealing with the condition.

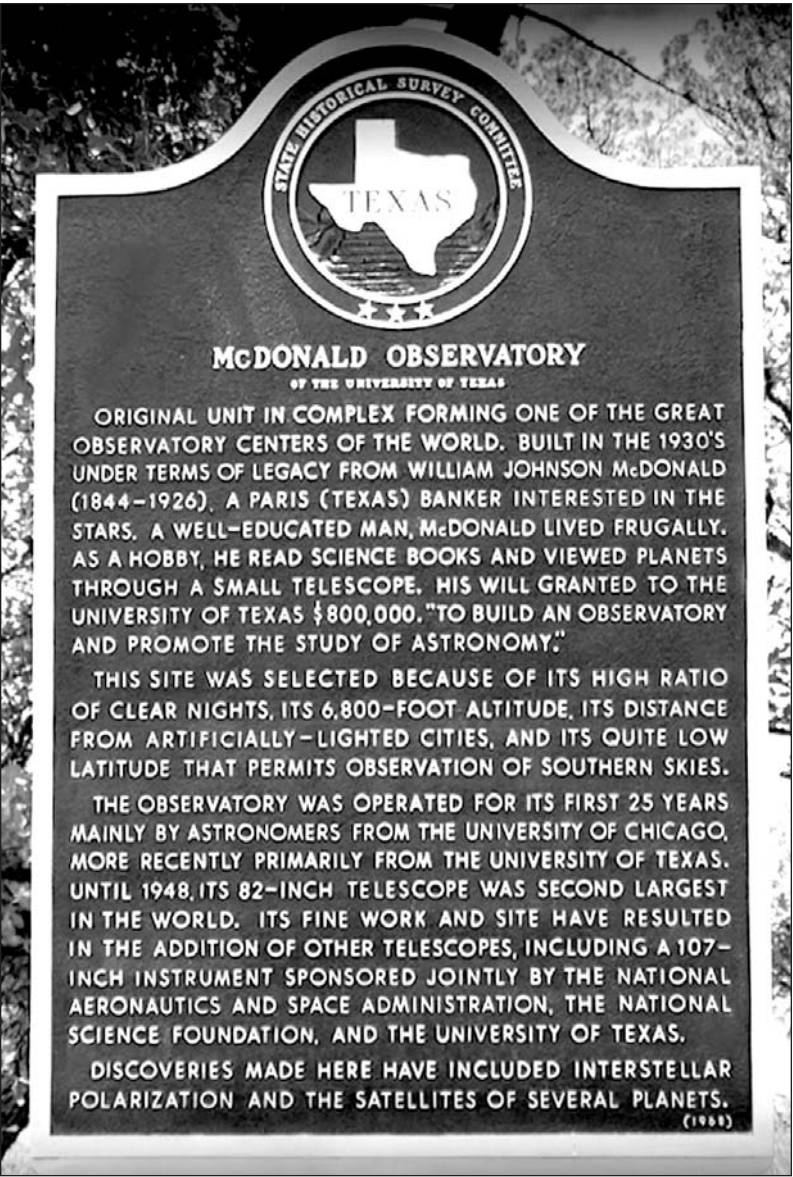
If you get up in the morning with the intention of getting as much done in the shortest span of time, Dr. Jackson suggests slowing down. “Instead of burning through your energy in the first two hours of the day, consider stretching your list throughout the day. Make a list of AM and PM tasks and work through them at a realistic pace – with rest and meals (meals rich in nutrients, not just food) in-between to keep your blood glucose and mental energy in an optimal range.”

So, what kinds of foods might help you enjoy a fatigue-free day? Dr. Jackson suggests, low fat, low sugar yogurt with nuts and raisins, scrambled eggs with spinach, slow-cooked oatmeal, green salad with chicken and a turkey sandwich with a lettuce wrap instead of bread. “Your body will take in the mixture of unrefined carbs, protein, and fat slowly, allowing your energy to stay up over longer periods of time. In addition, do not skip meals and do not over-eat at any meal. Try to stop eating two hours before bed so that you can sleep more deeply, allowing your system to work on restoration and not digestion.”

She also suggests that you drink plenty of water, noting that it’s essential that you replace the water your body expends in the course of a day. Otherwise you will feel drained and fatigued. Replenishing the water your body needs helps you maintain a proper level of energy.

John Grimaldi writes for the Association of Mature American Citizens (<http://www.amac.us>). It is a senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today.





The McDonald Observatory Historical Marker.

– Photo by Stephen Black

Sky

From Page 3

that is under the auspices of the University of Texas at Austin’s (UTA) College of Natural Sciences. It is home to the Hobby-Eberly telescope, one of the largest optical reflecting telescopes in the world, because the Big Bend region’s dark skies allow for optimum stargazing and fuel the research conducted at the observatory, observatory officials related.

Stephen Hummel is a dark skies specialist and senior outreach coordinator at the observatory. He recently stated that light pollution not only impacts research at McDonald Observatory, but also the region’s nocturnal wildlife, culture, health and safety of its residents, as well as its local economy.

McDonald Observatory facilities – one of the world’s leading centers for astronomical research, teaching, and public education and outreach – are located atop Mount Locke and Mount Fowlkes in the Davis

International Dark-Sky Association

• The International Dark-Sky Association (IDA) was founded in 2001 as a non-regulatory and voluntary program to encourage communities, parks, and protected areas around the world to preserve and protect dark sites through effective lighting policies, environmentally responsible outdoor lighting, and public education.

• IDA supporters contend that when used indiscriminately, artificial light can disrupt ecosystems, impact human health, waste money and energy, contribute to climate change, and block views and connections to the universe.

• The Greater Big Bend International Dark-Sky Reserve now joins more than 195 IDA places that have demonstrated community support for dark sky advocacy and are striving to protect the night sky from light pollution.

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Strange BUT TRUE

By Lucie Winborne

• Now, here’s a good reason not to neglect checking your spam email folder from time to time: A Michigan woman bought a lottery ticket online but forgot about it until, opening said folder days later in search of a missing message, discovered that she’d won \$3 million.

• In 1985, a sting operation dubbed Operation Flagship mailed letters offering free tickets for Washington Redskins games to fugitive criminals. More than 100 arrests resulted, including two of America’s top 10 most wanted.

• In 2007, Ben Carpenter got the most terrifying ride of his life when his wheelchair’s handles were caught in the grill of a semi-trailer. Carpenter was pushed for several miles at a speed of over 60 mph before a pair of police officers followed the truck to its place of business and informed the stunned driver. The chair’s wheels had to be replaced, but Ben survived without injury.

• FedEx’s founder nearly bankrupted his company with a Las Vegas trip, in which he used the corporation’s last \$5,000 to play blackjack. Fortunately, he managed to turn the sum into \$27,000 and keep things running until he obtained more funding.

• The movie “Babe” required one animatronic and 48 real pigs, due to their rapid growth rate.

• Remember playing “Simon Says” in your youth? In France, it’s “Jack Says”; in Norway “The King Commands”; in Japan “Teacher Says” and in Ireland “O’Grady Says.”

• In 1920, Anoka, Minnesota, became the first U.S. city to put on a Halloween celebration, in an effort to distract kids from playing Halloween pranks.

Thought for the Day: “Winning doesn’t always mean being first. Winning means you’re doing better than you’ve done before.” – Speedskater Bonnie Blair

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Plaza Classic Film Festival holds first screenwriting competition

By Doug Pullen
Special to the Courier

ELPASO COUNTY – The El Paso Community Foundation’s Plaza Classic Film Festival will host its first screenwriting competition as part of the 15th annual Plaza Classic from July 28-August 7 in and around the Plaza Theatre.

The first Plaza Classic Film Festival Screenwriting Competition, sponsored by the El Paso Film and Creative Industries Commission, will award a \$500 first prize and a table read of the winning screenplay. It’s open to anyone 18 and older. Entries must be feature-length scripts of no more than 120 pages. There are no genre restrictions.

Screenplays may be submitted at plazaclassic.com/screenwriting. The cost to submit is \$30 through May 20, \$40 from May 21 through June 13, and \$50 from June 14-27. For an additional \$15, an entrant will receive coverage, or written feedback, of their screenplay.

Screenplays may be uploaded in the PDF format only and must include a cover sheet with only the screenplay’s title. The entrant’s name and contact information will be included on the submission form, along with a logline and payment. A point system will be used to grade the submissions, with a 50-point maximum. Scripts will be awarded up to 10 points each for premise, plot, characters, dialogue, and the script’s potential prospects.

The winning screenplay will be announced at the Plaza Classic Film Festival’s Local Flavor showcase (entry deadline for films is June 20), sponsored by the Texas Film Commission, and Local

See CONTEST, Page 6

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Rules, procedures and terms of the sale will be provided upon arrival. The El Paso County Housing Authority makes no written or implied warranties of the items.

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CryptoQuip Answer

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Moments in time

- On May 2, 1972, Steven Spielberg begins filming “Jaws.” The production, which used three mechanical sharks, enthralled audiences and grossed \$458 million in its theatrical release.
- On May 3, 1952, a ski-modified U.S. Air Force C-47 becomes the first aircraft to land on the North Pole. Aboard the flight was Dr. Albert P. Crary, an American scientist who in 1961 traveled to the South Pole by motorized vehicle, becoming the first person in history to have stood on both poles.
- On May 4, 1916, Germany responds to a demand by U.S. President Woodrow Wilson by agreeing to limit its submarine warfare. However, on Feb. 1, 1917, Germany announced the resumption of unrestricted submarine warfare, and the United States formally entered World War I.
- On May 5, 1904, Cy Young pitches the first perfect game in modern Major League Baseball history as the Boston Americans defeat the Philadelphia Athletics, 3-0. Young’s perfect game was part of his then-record 45-inning scoreless streak.
- On May 6, 1991, 51-year-old race car driver Harry Gant betters his own record as the oldest man ever to win a NASCAR event in the Winston 500 in Talladega, Alabama.
- On May 7, 1824, Ludwig van Beethoven’s ninth and final symphony debuts at Vienna’s Theater am Karntnertor. Having lost his hearing years earlier, the celebrated composer nonetheless appeared to conduct the first performance of his Ninth Symphony, while the real conductor stood in the wings. Beethoven was several bars off the actual music by the time the piece concluded.
- On May 8, 1933, the first police radio system, connecting headquarters to patrol cars and patrol cars to one another, is installed in Eastchester Township, New York. The system consisted of one transmitter of 20 watts for the headquarters and two transmitters of 4.5 volts each for the two patrol cars.

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Sky

From Page 4

Mountains of West Texas, which offer some of the darkest night skies in the continental United States.

Additionally, the observatory is a partner in the Giant Magellan Telescope (GMT) that is currently under construction in Chile, South America. The GMT is the first in a new generation of extremely large telescopes. Its seven mirrors will span 25 meters (81.75 feet). UTA is a founding partner in the collaboration which includes several other U.S. universities and partner institutions from around the world. The telescope is expected to see first light in 2029.

Another McDonald facility houses the Hobby-Eberly Telescope (HET) with its 32.5-foot mirror. The HET is one of the world’s largest optical telescopes. First dedicated in 1997, the telescope underwent an extensive upgrade in 2017. The HET specializes in spectroscopy, the decoding of light from stars and galaxies to study their properties. This makes it ideal for searching for planets around other stars, as well as probing distant galaxies, exploding stars, and black holes. The HET is a joint project of UTA, Pennsylvania State University, Ludwig-Maximilians-Universität München, and Georg-August-Universität Göttingen, according to observatory officials.

There are other telescopes on the McDonald observatory campus. The Harlan J. Smith Telescope was constructed in 1968 with a 107-inch mirror. It was the third largest in the world when it was built. The Otto Struve Telescope was constructed in 1939 and was the first major telescope to be



– Photo courtesy McDonald Observatory

TOURS OFFERED – Efforts by McDonald Observatory, the national and state park services, conservation organizations, advocacy groups, and West Texas communities have led to the successful development of the first International Dark Sky Reserve. The building above houses the Otto Struve Telescope and the sign, next to the middle tree, points to the gathering site for tours of the “82” TELESCOPE” shown below.

built at the Davis Mountains compound. Its 82-inch mirror was the second largest in the world at the time. The telescopes are still in use today.

McDonald observatory operates several other 36-inch and 30-inch telescopes including the MONET/North, which is affiliated with the Las Cumbres Observatory Global Telescope Network; the 30-inch McDonald Laser Ranging Station, which is operated by UT Austin’s Center for Space Research; and a 20-inch telescope that is operated by Boston University.

To share its dark sky viewing capabilities with the general public, McDonald Observatory operates a series of outreach services including an on-site visitors center, as well as star parties and public tours throughout the year. It also provides activities that teachers can use with students in kindergarten through twelfth grades.

The observatory also produces the StarDate radio program, StarDate magazine, the StarDate online website, and digital instructional programs for elementary and secondary teachers.

McDonald Observatory is located 15 miles outside of Fort Davis on Highway 118, and Fort Davis is about 200 miles east of El Paso County along Interstate-10. Visit mcdonaldobservatory.org/ for more information about what McDonald Observatory has to offer sightseers.



– Photo by Stephen Tures

IMPOSING –The Otto Struve Telescope.

The winner of this year’s NBA title is anybody’s guess

By Steve Escajeda
Special to the Courier

The NBA playoffs are down to the final eight teams and the matchups are about as close and competitive as they’ve been in many years.

Usually by this time, there are just two or three teams left that are considered far and away better than the rest.

But of the eight left, only the Dallas Mavericks are seen as a team that doesn’t belong. But if you look at the way they finished the season, they’re right where they should be.

Let’s take a look at the matchups and try to determine who has the best chance to go all the way to the NBA Finals.

In the Eastern Conference, the defending champion Milwaukee Bucks are taking

on the surprising Boston Celtics.

On paper, most fans and experts will quickly say that the Bucks will take this series because they have that championship experience and Giannis Antetokounmpo.

There was a time this season when that statement was absolutely true. But over the last 30 games of the season the Celtics started playing the best defense in the league and everything changed.

Boston ended the season with a flurry to finish second in the East and has the home court advantage over the Bucks.

Oh, and the Celtics also have Jayson Tatum, who is playing as well as any other player in the postseason. Throw in Jaylen Brown and defensive player of the year, Marcus Smart, and the Celtics have a real chance.

The other Eastern matchup pits the

Philadelphia 76ers and the Miami Heat.

Right off the bat, the obvious pick here is the 76ers with their big man Joel Embiid.

The only problem is that Embiid is out with an eye injury and his return date is up in the air. Philadelphia is good, but without their big guy, how can they be the same team? Can James Harden do it alone?

It’s kind of crazy to say that the 76ers are the obvious favorites when it was the Miami Heat that had the best record in the East this season.

But the Heat is the kind of team that nobody really trusts.

Yes, they have Jimmy Butler, but there are no other names that strike fear in their opponents.

What they do have is a complete team that plays some of the stingiest defense in the league. That’s why they’ve got the

best record in the East.

In the West, the first matchup features the Mavericks and the team with the best record in the NBA, the Phoenix Suns.

We said the Mavericks were the one team that didn’t seem to belong here. But with one of the best players in the league in Luka Doncic, nobody should be too surprised.

The Suns on the other hand, are a team that many say are destined for a championship this season. Don’t forget, it was the Suns who lost in the Finals a year ago to Milwaukee.

Chris Paul and Devin Booker lead Phoenix. They also have a bunch of teammates that know their roles and play them to perfection. That makes the Suns the favorites.

The final two teams in the West are the Golden State Warriors and the Memphis Grizzlies.

This might be the marquee matchup of the second round.

The young Grizzlies came out of nowhere this season to post the second-best record in the league. But the Warriors are beginning to resemble the championship team they were years ago now that Steph Curry, Draymond Green and Klay Thompson are back together.

Memphis may have the best tandem of guards in the league with Ja Morant, Dillon Brooks, Desmond Bane and Tyus Jones.

It’ll be the high-flying Memphis offense against a sometimes-suffocating Warriors defense.

So which teams are going to advance?

In the East, sweeping the Brooklyn Nets has given the Boston Celtics the confidence to know they can beat anyone. And they will beat the Bucks.

The 76ers are the better team, but if Embiid can’t return for this series, I have to favor the Miami Heat.

In the West, the Suns will take the Mavs fairly easily and Golden State is just too talented and experienced for Memphis.

We’ll visit the NBA’s final four in a couple weeks.

Contest

From Page 4

Flavor Awards, sponsored by TFCU, at 7 p.m. Thursday, August 4 in the Plaza Theatre. The winning entry will receive a table read at

the free Filmmaker’s Brunch at 11:30 a.m. Sunday, August 7 in the Foundation Room, 333 N. Oregon.

The 15th annual Plaza Classic Film Festival will feature more than 90 movies from July 28-August 7 in and around the Plaza Theatre. This year’s titles include a 70th anniversary showing of Singin’ in the Rain, 1983’s Scarface, Sleepless in Seattle, Harry Potter and the Order of the Phoenix, the 1950 version of Father of the Bride and our 14th annual free outdoor screening of The Rocky Horror Picture Show. Passes are on sale now at plazaclassic.com/tickets. Tickets go on sale in early July.

Call 915-533-4020 or email local@plazaclassic.com for more information about the contest.

Mom

From Page 2


week. When I was a child, she was my advocate. She was my school tutor. We didn’t eat out growing up so she kept food on

the table three times a day. When I was a small child, we still had a wringer washing machine and the water was not great. We caught rain water in large tubs and then carried it in to wash clothes. I remember a couple of summers of carrying water from the creek to wash clothes. She ironed clothes for an entire day every week. It was a great day when we were finally able to have an automatic washer and dryer.

Mom worked hard and about twice a week dressed up really nice and she and dad went to church. Like most of our mothers I could write a lot about her but Eula Hinkle Mollette was a wonderful mother. She loved me, corrected me and supported me. I know there were times I disappointed her but she never disconnected from me. She was always there as best as she could be.

The point is don’t miss celebrating Mother’s Day. You only have one mom. Cherish every minute.

Glenn Mollette is a graduate of numerous schools including Georgetown College, Southern and Lexington Seminaries in Kentucky. He is the author of “Uncommon Sense” and 12 other books. His column is published weekly in over 600 publications in all 50 states. Learn more at www.glennmollette.com or www.facebook.com/glennmollette.



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Super Crossword

NATION NOTION

ACROSS

1 Sore

4 Under the ocean

10 "Get what I'm sayin'?"

15 Store

19 Prior to, to poets

20 Gofer's job

21 Gut bacterium

22 Dana Perfumes fragrance

23 Person born in early October in Benghazi?

25 Family car in Khartoum?

27 Eddie _ (leisurewear chain)

28 Carrere of the screen

29 Rock concert booster

30 Make furious

31 Silky cat in Luanda?

34 Beyond city limits

37 Merit badge displays

38 Kazan of filmmaking

39 It precedes omega

40 Clear-minded

41 Lead-in to history

44 Chess play in Banjul?

47 Ballroom dance in Apia?

53 Ency., e.g.

54 Ancient Central Americans

55 See 112-Down

56 Italian "my"

57 Russia's Alexis I, e.g.

59 Envy, e.g.

60 Dark-haired man in Bandar Seri Begawan?

63 Lumber tool

65 Former Oriole Ripken

68 Extremist

69 "Delta Dawn" singer Tucker

71 Pathologist's study

74 Long time

75 Mo. in which fall starts

77 Doc in Tijuana?

79 Cinch _ (trash bag brand)

81 "Keep this in"

83 Do a fist bump

84 Scandal-ridden company of 2002

85 Japanese brew

88 Old TV's " _ Na Na"

89 Tropical devil ray in Valletta?

91 Sleeping garment in San Miguelito?

95 Orig. copies

96 Well out of range

97 Precept

98 Is the right size for Banjul?

100 "That made no sense to me"

106 People rattling things off

108 Engaged guy in Marseilles?

111 Actress Saoirse

112 Long time

113 Hip-hop producer Gotti

114 The Beatles' "I _ Walrus"

115 Buyable apartment in Brazzaville?

118 Fish eggs in Barcelona?

120 Wine city in California

121 _ a million

122 Secret recorder disguised as a writing instrument

123 _ gow poker

124 Supermodel from Somalia

125 "Check," to a card player

126 Motown's Franklin

127 Lingo suffix

DOWN

1 Peach _ (desserts)

2 Singer Grande

3 Cleans up, as software

4 NutraSweet developer

5 Website ID

6 Water filter brand

7 Polio studier Albert

8 Make furious

9 Oklahoma city

10 Polite reply to a lady

11 Coffee pod

12 Drift (off)

13 Pay add-on?

14 Hits the jackpot

15 Piloting guy

16 Gave birth

17 Enthusiasm for Barack

18 Word-wit bit

24 Michelle of "Crazy Rich Asians"

26 Erwin of film

29 Opera opus

32 Some vipers

33 Korbut of gymnastics

34 Secretive viewers

35 B-52 org.

36 Ensnares

42 Meander

43 Arabian ruler

45 Half a bikini

46 Gallic pal

47 Native-born Israeli

48 "What _ ("Ho-hum")

49 Harold's film partner

50 Dodge of old

51 "Hang on _"

52 Boxing event

57 Precept

58 Hades river

59 Go like a fish

61 "May _ a favor?"

62 Personal ID

64 Takes in

65 _ terrier

66 Dressy tie

67 Pop singer Lewis

70 Verdi's slave

72 With 90-Down, appear that

73 Writer Ferber

76 Dismissive remarks

78 Not panicky

79 Partaking of with others

80 Aspiration

82 _ Mahal

85 On _ with

86 Space that's invulnerable to attack

87 Large boa

88 Joust verbally

89 _ Hari

90 See 72-Down

92 Lace town WSW of Paris

93 Willful insult

94 Sorvino of the screen

99 Potshot taker

101 Heavy vapor

102 Genie houser

103 Like early audiobooks

104 Unstressed vowel sounds

105 _weenie

107 Chinese ideal

109 Large wader

110 Kick out

112 With 55-Across, she eloped with Ernie Kovacs

115 Caesar's 151

116 Artist Yoko

117 Mo. neighbor

118 Jacuzzi site

119 "Nope"

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Answer Page 4

Comix

OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



TIGER

By Bud Blake



Treating leg swelling with horse chestnuts

DEAR DR. ROACH: I am a 75-year-old male who was diagnosed two years ago with superficial venous insufficiency. Venous ablation was considered, but my cardiologist informed me that it most likely would not improve my condition. Therefore, the best treatment is to wear compression socks and elevate my legs as much as possible. I am following my cardiologist's advice. I recently read a recommendation to take horse chestnut seed extract (*Aesculus hippocastanum*) and to look for products that have had the toxic substance esculin removed. I discussed this with my cardiologist's physician assistant, and she saw no reason not to try it. What do you think? – M.P.



Some years ago, I saw a well-done study showing that horse chestnut extract is an effective treatment for the swelling associated with venous insufficiency. The dose usually studied has been 300 mg of the extract, standardized to 50 mg of escin, twice daily. The side effects noted in studies have been both infrequent and mild, and I have had several patients try it. Unfortunately, my patients' experiences have not been successful. I don't know whether that was just bad luck that I had patients who didn't respond, or whether they did not get an effective medication.

One big problem with herbal treatments in the U.S., which are sold as dietary supplements, is that the purity and standardization cannot be guaranteed. They are not well regulated, as compared with pharmaceuticals. I am sure there are ethical manufacturers who follow good practices, but the literature on supplements in general has shown that some products for sale do not contain the amount of the substance they purport to. There is no brand I feel comfortable recommending. Nonetheless, I think it is reasonable to try, especially in combination with standard therapy, which includes compression stockings during the day and at least three sessions of raising the legs above the heart for 30 minutes at a time.

DEAR DR. ROACH: My 57-year-old son has been diagnosed with stage 1 pancreatic cancer. He chose not to have surgery or chemotherapy or radiation. He has his own reasons and I respect that. Do you know of any other treatments, such as diet? – Anon.

Every person has the right to seek or refuse treatment. However, stage 1 pancreatic cancer is potentially curable with surgery, and time is of the essence. Many people have changed their minds about seeking standard treatment only after alternative treatment fails and their disease progresses. While I understand your respect for his decision, it is hard for an outsider like me to see someone refuse potentially curative treatment for a disease that will shortly become incurable in all likelihood. Hopefully his decision was made based on a thorough and careful review of the facts. While a healthy diet, herbs, massage and other therapies may be helpful in making people feel better, there is no good evidence that they will cure this terrible disease.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. (c) 2022 North America Synd., Inc. All Rights Reserved.

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State law now requires both adults and children to be buckled up in the front or back seat. A child less than 8 years old, unless taller than 4 feet 9 inches, must ride in a child safety seat. Most children between 4 and 8 years old will need a booster seat to be safe and comply with the law. Fines range from \$25 to \$250, plus court costs. TexasClickItorTicket.com



Moore Texas by Roger MOORE
The Panhandle town of Mobeetie was so named because it supposedly meant “Sweetwater” in Cheyenne. Turns out the Indians had a little joke... it actually meant “buffalo dung.”

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: Q equals D

NO TIWPZIQB OJNCT
XI SHISPHCB GJHP OIH
TIWPXKNMF, XKPHP WNFKX ZP
AMXPMQPQ GIMTPVAPMGPT.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

1	7			6		2		
8			3					4
		6			4		5	
	4				3		7	
		5		2				6
7			8			1		
		3			2	4		
	9		1					7
6				5			1	

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging

Answer Page 4

♦♦♦ HOO BOY!

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Patient surveys show VA hospitals improving



by Freddy Groves

In the latest Medicare Hospital Consumer Assessment of Healthcare Providers and Systems patient survey, the Department of Veterans Affairs outperformed community hospitals in 10 of 11 different categories.

The report said that 54% of VA hospitals earned four or five stars, while only 35% of community hospitals did. That’s a hefty increase; just a few years ago, only 26% of VA hospitals rated four or five stars.

The categories included cleanliness of the hospital, care transition, communication with nurses, discharge info and more. Questions were wide ranging, from “Did doctors treat you with courtesy and respect?” all the way to “If you were given new medication, were you told what it was for?” and

“Was your personal information treated in a confidential way?”

The VA questionnaire, called the Survey of Healthcare Experience of Patients, is based on Medicare’s Consumer Assessment of Healthcare Providers and Systems surveys. Results for all hospitals can be found at Medicare.gov and are updated quarterly. The latest release of the data, however, includes results from July 2020 through March 2021.

One worrying detail: Staff selects veterans to fill out the surveys based on the kind of care they got and the last time they filled out a survey. These can be either veterans who were admitted and had surgery or a treatment and then were sent home, or veterans who had care during a medical visit. Shortly afterward, they’re sent the survey packet (questionnaire, cover letter, return envelope).

The Centers for Medicaid and Medicare Services (CMS.gov) website says that the survey is for a “random sample” of patients. How, one

wonders, is it truly random if staff is selecting the patients to ask? Additionally, since all hospitals have a different mix of patients, it appears that those who finalize the reports average out the results in areas such as age, education, health status and so forth in what they call patient-mix adjustments.

What would the results be if they weren’t making adjustments?

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by Jo Ann Derson

• A great idea for mini ice packs: Freeze ketchup packets you get from takeout food. They are great for icing small bumps or bug bites.

• Spread a teaspoon of peanut butter thinly on a paper plate. Then when the dog is busy with its treat, you can trim its nails. Or sometimes just having it nearby as a promised treat can do the trick to distract your pet. Good luck!

• “One of the things I do each spring (and fall) is to go through my makeup and toss the old items. I also restock my first-aid kit and get new bottles of sunscreen and bug spray to keep in my car kit, so I will always have it around.” – E.A. in California

• Love beans but trying to save a little money? Don't be intimidated by dry beans; just rinse them and chuck them in the slow cooker. Add water according to package directions and cook on low for up to eight hours. After they cool, you can bag them in freezer-safe, zipper-top bags and freeze them for easy use later.

• “On a health kick: Step one is to keep a food and activity diary for a week. You can get an idea of what you eat, what times of the day you are overeating and the areas where you can make improvements. Knowledge is power!” – V.R. in Oregon

• J.D. of Massachusetts writes: Mix 1/2 cup vinegar and a chamomile tea bag in a pan of medium hot water. Let cool slightly and soak feet for up to 10 minutes. Follow up with foot powder or deodorant.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2022 King Features Synd., Inc.

GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult

★★★ GO FIGURE!

Answer Page 4

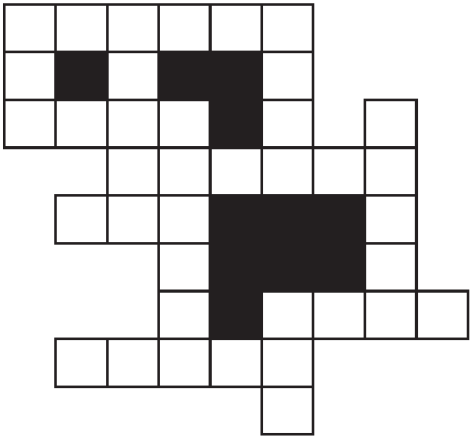
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LEM
DAMORN
HECIM
♥ADLE
RINALM
CEI
♥IMER
CAINT
NHE
♥HIDCEN
MALCE
♥CAHE



Answer Page 4

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

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